

### ***Training Descriptions Continued***

#### **1B or 2B Love'em and Launch'em**

Two of the most important challenging roles of a foster parent is to love the children placed in our care, and to equip them with the necessary skills to successfully launch them into independence. This seminar identifies multiple independent living goals, objectives, and tasks that help youth mature as they plan to depart from our homes, and as they transform into functional and productive young adults. Learn how to make a "star". Teach them to "Shoot to the moon. Even if they miss, they'll land among the stars". (Quote adopted from Les Brown) *Facilitator: Dr. Tracy Garrett, Progressive Life Center*

#### **1A My Life**

Delaware's Division of Family Services is implementing the MY LIFE program based on Darla Henry's 3-5-7 Model of preparing children, youth, and families for permanency. This model is based in the theories of child development, separation and loss, grief process, family dynamics, impact of abuse and neglect, and resilience. This workshop will provide foster parents with an introductory overview of the My Life program and the importance of understanding these concepts and getting the training required when caring for abused and neglected children: MY LIFE seeks to help the child piece together the story of their own life on their own terms. It is not mental health treatment. *Facilitator: Mary Lou Edgar, A Better Chance for Our Children*

#### **1D or 2D Seeing Children Through a Trauma Informed Lens**

As we focus on a shift in perspective, SAMHSA's National Center for Trauma Informed Care seeks to change the paradigm from one that asks, "What's wrong with you?" to one that asks, "What has happened to you?" In this session we will discuss the role that trauma plays in the lives of our children and families through a trauma-informed lens. Upon completion of this workshop, participants will be able to understand the role that trauma plays in the lives of our children and families, identify strategies to create, sustain a trauma-informed environment, and develop steps towards creating a value-driven trauma-informed culture. *Facilitator: William Killabrew, SAMHSA*

#### **3A Taking Care Of Yourself So You Can Take Care**

The primary instruction you receive in an airplane flight crisis is to first place your emergency mask on yourself, before attempting to assist another individual. The same holds true for handling unanticipated foster care challenges, urgent complications, and potentially disastrous situations. You must be able to first take care of yourself, before you can effectively take care of foster youth. This workshop will provide various techniques designed to prevent caregiver exhaustion, and others that provide renewed replenishment if caregiver burnout has occurred. *Facilitator: Ingrid Johnson, Progressive Life Center Foster Parent.*

#### **3C Understanding the Intersection of Trauma and Attachment: Parenting Strategies When Nothing Makes Sense**

Children in foster care come with "blueprints" for understanding relationships based on their prior experiences. When past caregivers have hurt and/or abandoned them, those experiences can shape their beliefs about themselves and others, as well as their functioning and behaviors. Many of the typical strategies that parents use can actually backfire when used with children in foster care, leaving parents feeling confused and frustrated. This workshop will help make sense of how these early experiences affect children's behaviors and provide practical suggestions on how we help children adjust their "blueprints" to new relationships. *Facilitator: Dr. Vicky Kelly, Director Division of Family Services*

#### **3B or 4B What Did You Say To Me: Responding to Disrespectful Behaviors**

Sometimes what they say is not always a reflection of what they mean. Nonetheless, words can sting and have a long-lasting effect. This workshop is intended to equip today's foster parent with the necessary skills needed to deal with the various challenges you'll face while parenting the child "with attitude". *Facilitator: Vince Giampeitro, Children & Families First*

## ***Partners in Progress: Healing Through Hope***



### ***The 2013 Foster Parent Conference and Recognition Banquet May 30, 2013 8:00am to 4:00pm***

*Within this brochure is the information you will need to register for the 2013 foster parent conference and recognition banquet. The one day event will feature 12 trainings. The trainings and their descriptions are listed inside this brochure. Please review all of the trainings and decide which ones you would like to attend. There will be two 45 minute trainings in the morning and two 45 minute trainings in the afternoon.*

*Don't forget!*

*If you spend the day with us and attend the trainings, you will receive 6 hours of training credits towards your annual training requirements.*

*Continental breakfast, lunch, snacks and beverages  
will be provided!*

***Please register by May 21, 2013.***

*To register for your trainings, please call  
Prevent Child Abuse Delaware at 302-425-7490.  
or register online at*

***<http://pcadelaware.org/events/upcoming-events/foster-parent-recognition-conference/>***

*You may also fax your registration form to 302-425-7494.  
please contact Kate Gallagher at 302-633-2664 for additional information.*

Please select the workshops you would like to attend and contact Prevent Child Abuse Delaware to register : By Phone: 302-425-7490 By Fax: 302-425-7494  
Online: <http://pcadelaware.org/events/upcoming-events/foster-parent-recognition-conference/>

Workshop	Session 1 Workshops	Room Location
<input type="checkbox"/> 1A:	My Life: 3-5-7	The Corporate Room
<input type="checkbox"/> 1B:	Love'em and Launch'em	The Siena Room
<input type="checkbox"/> 1C:	The ABCs of the Courts	The Venetian Room
<input type="checkbox"/> 1D:	Seeing Children Through a Trauma Informed Lens	The Verona Room
<b>Session 2 Workshops</b>		
<input type="checkbox"/> 2A:	Getting Kids Through School is Cool: Improving Educational Outcomes	The Corporate Room
<input type="checkbox"/> 2B:	Love'em and Launch'em	The Siena Room
<input type="checkbox"/> 2C:	Inappropriate Sexual Behavior: What Every Parent Needs To Know	The Venetian Room
<input type="checkbox"/> 2D:	Seeing Children Through a Trauma Informed Lens	The Verona Room
<b>Session 3 Workshops</b>		
<input type="checkbox"/> 3A:	Taking Care of Yourself So You Can Take Care	The Corporate Room
<input type="checkbox"/> 3B:	What Did You Say To Me?: Responding to Difficult Behaviors	The Siena Room
<input type="checkbox"/> 3C:	Understanding the Intersection of Trauma and Attachment: Parenting Strategies When Nothing Makes Sense	The Venetian Room
<input type="checkbox"/> 3D:	Don't Break the Bond: Keeping Siblings Connected	The Verona Room
<b>Session 4 Workshops</b>		
<input type="checkbox"/> 4A:	Birth Families and Foster Families: A New Way Forward	The Corporate Room
<input type="checkbox"/> 4B:	What Did You Say To Me?: Responding to Difficult Behaviors	The Siena Room
<input type="checkbox"/> 4C:	Fruits & Roots: Understanding the Significance of Family History, Hurts, and Healing	The Venetian Room
<input type="checkbox"/> 4D:	Don't Break the Bond: Keeping Siblings Connected	The Verona Room

Name: \_\_\_\_\_ Agency: \_\_\_\_\_

☐ Foster Parent

☐ Staff

## Training Descriptions

### 1C: The ABCs of the Court

Foster parents are often affected by the court process when the children in their care go on visits with their parents, are reunited with their families, the parents' rights are terminated or when the child is adopted. For many, this can be an overwhelming experience and understanding the system can help with these feelings and experiences. This workshop will help participants understand how a case moves through family court, what purpose the different hearings serve, what the advocates' jobs are and what your role as a foster parent is in this process. *Facilitator: Patricia Dally-Lewis, Deputy Attorney General, Family Division*

### 4A Birth Families and Foster Families: A New Way Forward

We have always worked to protect children by removing them from abusive, neglectful, or dysfunctional situations. Time has shown us that foster children often maintain an unbreakable love bond to biological parents and family, despite the reality of whatever abuse, neglect, or dysfunction created the need for foster care placement. We now know that our children benefit best when foster and biological families work together even when reunification is not appropriate. This workshop will expound on the importance of bridging the gap between birth families and foster families to better serve our children. *Facilitator: Stephanie Guiswite, Division of Family Services*

### 3D or 4D Don't Break the Bond: Keeping Siblings Connected

The sibling relationship is the longest relationship that most people will have in their lives. Unfortunately, children in foster care are often separated from their siblings. What can you as a foster parent do to help keep this bond strong? Tips and strategies will be given to strengthen and maintain the sibling connection. *Facilitator: Lynn Moyer, Children & Families First*

### 4C Fruits & Roots: Understanding the Significance of Family History, Hurts, and Healing

This workshop will address the important role kinship providers can play and do play in the lives of their nieces, nephews, aunts, cousins, and/or grandchildren. Pastor Armstrong is excited to share his genealogical research findings because they support one of his life mantras, namely, "to understand the fruit of something, you must understand the roots of that same thing!" *Facilitator: Pastor Darrell L. Armstrong*

### 2A Getting Kids Through School is Cool

Your child's educational process can sometimes seem like a confusing maze. Most of us need a little guidance to effectively navigate through the many challenges encountered along the way. This training will help you identify the key resources your child needs to obtain academic success. Learn to become a better advocate, obtain improved educational outcomes, and brighten the outlook for your child's academic future. *Facilitator: JoAnn Bruch, Treatment Program Manager, Division of Family Services*

### 2C Inappropriate Sexual Behavior: What Every Parent Needs to Know

There are a great deal of myths and misconceptions surrounding youth who exhibit inappropriate sexual behaviors. This workshop will focus on the foster parents ability to identify, assess and respond to inappropriate sexual behaviors exhibited by children and adolescents placed in their care. The purpose of this training is to provide foster parents with the relevant information needed, to have an understanding of the impact of trauma and subsequent behaviors. Following the session participants will be in a better position to provide the support and supervision necessary for a child or youth who exhibit inappropriate sexual behaviors. *Facilitator: Daniel Moore, Pressley Ridge*

Please see the back page for additional trainings. Thank you!